



## That Luscious Raisin Toast!

A NEW delicious breakfast bread. Full-fruited raisin toast! A new delight for the entire family.

Made with big, plump, tender, seeded raisins—Sun-Maid brand.

The raisin flavor permeates each slice.

You can get such bread from any grocer or bake shop if you insist. No need to bake at home.

Once try it and you'll always have this kind. You'll serve it at least twice a week.

Fine food for business men and children due to the energizing nutriment and the iron of this famous, healthful fruit.

Make dainty bread pudding with left-over slices. No need to waste a crumb.

Order now for tomorrow's breakfast. But be sure to say you want "one of those full-fruited raisin loaves."



## Sun-Maid Seeded Raisins

Make delicious bread, pies, puddings, cakes, etc. Ask your grocer for them. Send for free book of tested recipes.

Sun-Maid Raisin Growers  
Membership 13,000  
Dept. N-26-6, Fresno, Calif.

### Farmers, Attention!

I want immediately going farm or ranch in exchange for high-grade modern Chicago income property. Buildings valued from \$15,000 to \$800,000, with net income from \$2,000 to \$100,000 per year. Also business blocks up to \$5,000,000. Write today.

GEORGE STEWART  
29 S. La Salle CHICAGO

### DAISY FLY KILLER

PLACED ANYWHERE ATTRACTS AND KILLS ALL FLIES. Neat, convenient, cheap. Lasts all season. Made of metal, can't rust or tip over. Will not soil or injure anything. Guaranteed effective. Sold by dealers, or by EXPRESS, prepaid, \$1.25. HAROLD SUMERS, 150 De Kalb Ave., Brooklyn, N. Y.

**Liggett & Myers**  
**KING PIN**  
**PLUG TOBACCO**  
Known as "that good kind"  
Try it—and you will know why

Salesmen, Distributors, Agents Wanted to sell True Fruit soft drink flavors. All trades handle. Mighty good summer proposition. Selling to homes. Salary or commission. Haag & Haag, Inc., Rochester, N. Y.

AUTO SHINE keeps your auto looking like new. Make it for own use or sale for about 50c per gallon. Formula mailed for twelve 2c stamps. P. O. BOX 148 CLEVELAND, OHIO

30 CALIFORNIA POST CARDS, beautifully colored, 25c. 20 view folder 17c. Postpaid. Send stamps. Box 72, Station A, San Diego, Calif.

W. N. U., Indianapolis, No. 25-1922.

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Good First and Third Tuesdays in Each Month

A splendid opportunity is now offered those who desire to make a trip of inspection to look over Western Canada's Farming Possibilities

Recent advances in the price of farm products and the possibility of further increases will warrant an increase in the price of Western Canada Farm Lands, now exceptionally low considering their producing value.

The depression is now over, and normal times are at hand. Western Canada came through the late trying period with a stout heart and a preparedness to take advantage of the better times that we are approaching.

To take advantage of the low rates now in force, and for other information, apply to

M. J. JOHNSTONE  
116 Monument Place, Indianapolis, Ind.  
Authorized Canadian Government Agents

## Something to Think About

By F. A. WALKER

### FORWARD, BACKWARD

EVERYTHING in nature is moving toward a great purpose. There is no inactivity in the atoms or in the spheres; no turning backward, no indecision, but a constant movement in a forward direction, carrying us away from the yesterdays to new dawns and new days.

The winds, the tides, the spinning of the earth in its prescribed orbit, the rising and the setting of the sun, the coming and the going of the seasons, the blooming and the fading of verdure and flowers, all bear evidence of progress, and eternal life.

Being a minute part of nature, performing your little role in the great scheme of creation, reciting your lines, do you ever pause to ask yourself whether you are moving forward or backward?

In spite of any thought you may entertain in the matter, you are going ahead or drifting behind, just as surely as the roses bloom in summer and the snows blanket the ground in winter.

You are better equipped for your life-work today than you were yesterday, or less efficient.

Your mental and physical forces have undergone an imperceptible change and you have changed with them.

You are a trifle more dexterous in your work or slightly more clumsy.

In the last 24 hours you have not remained in a quiescent state, for the laws of motion have been silently at work, carrying you a step or two forward or backward, setting you down at the threshold of a new day a slightly changed being for better or worse.

## Uncommon Sense

By JOHN BLAKE

### WHAT A WOMAN DID

IT SEEMS probable that cancer, one of the most deadly of the enemies of mankind, will soon be conquered by the use of radium.

Since the beginning of time this element has existed in nature. For the last score or more of years the presence of some unseen but powerful force has been suspected. Scientists sought to discover what it was, but sought in vain, till a quiet little Polish woman, after years of laborious experiment, discovered it.

That a woman should have made this discovery—one of the most notable in all history—is highly important.

It disproves forever the old contention that there is any difference between the brain of a man and that of a woman.

The highest concentration, the greatest reasoning power, the most indomitable determination were required for the years of work which had to be done before this discovery could be made.

A man stumbles on a gold mine or a diamond deposit by accident. But to find a metal which exists in the most minute quantities, and which must be extracted by infinite pains from the surrounding elements, has to be located

which you may or may not observe as you take hold of today's duties.

Before night, however, you may become conscious of a new-born power, or a lack of it, and wonder what the transformation means.

Its significance is clear. You are going forward or backward, keeping in accord with the eternal motion of things of which you are a part.

If you would move forward, keep step with the men and women who are laboring and achieving in the great purpose, you must watch your every thought, impulse and act, and ask yourself at the beginning of each day whether you are pressing toward victory or turning toward defeat.

"Forward or backward?" ought to be your initial question at dawn, and your final query at night. Let this self-examination become a habit, and in a little while you will be glad that you acquired it.

(Copyright.)

## SCHOOL DAYS



MUSSEL-SHELL PINCHERS  
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first, and laboriously separated afterward.

Countless experiments entered into Mme. Curie's work, and only a remarkable human being could have brought it to a successful conclusion.

Much is yet to be done before the power of radium over cancer can be thoroughly tested.

But this can be left to others, as the consolidation of a captured position in war can be left to subordinates after a brilliant general has won an engagement.

Mme. Curie has set an example, not only for her own sex, but for all the searchers for truth in the world.

Her achievement is an inspiration, and probably to the end of time, will be an inspiration to the whole world.

(Copyright.)

## Mother's Cook Book

"A house is never perfectly furnished for enjoyment unless there is a child playing three years old and a kitten rising three weeks."

### MORE GOOD THINGS

AS STALE bread will accumulate, a little care is needed to keep ahead of the growth. If dry bread is put through the meat chopper it may then be used for croquettes, meat balls and any number of dishes. Keep the crumbs in a glass jar, sealed from the air.

### Tip-Top Omelet.

Boil one-half cupful of milk, add one tablespoonful of butter and one cupful of bread crumbs, seasoning to taste. Beat the yolks of three eggs and add them, then stir in the stiffly beaten whites. Pour into a buttered omelet pan and cook until well browned.

### Ham Patties.

Take two cupfuls of ham chopped fine, three cupfuls of bread crumbs, three eggs and enough sweet milk to make a soft batter. Mix well, drop into gem pans, drop a piece of butter in each and bake until brown.

### Fruit Betty.

Put a layer of crumbs in a well buttered baking dish, cover with blueberries, canned or fresh, then add another layer of bread with a bit of butter and sugar if needed. Bake until well heated through. Serve with cream and sugar.

### Brown Bread.

Take two cupfuls of stale bread crumbs, one and one-half pints of cold water, mix and soak over night, then

rub through a sieve one and one-fourth cupfuls of molasses, one and one-half cupfuls each of graham flour, cornmeal and rye meal, two teaspoonfuls of salt, three and one-half teaspoonfuls of soda and one and three-fourths cupfuls of cold water. Mix well and steam three hours.

### Stuffed Apples for Tea.

Take fine large apples, core and fill with one-half cupful each of bread crumbs and chopped roast beef, one teaspoonful of onion juice, one-quarter teaspoonful of celery salt, half teaspoonful of salt, one tablespoonful of parsley chopped and a dash of red pepper. Mix well and press into the apples. Bake in a little hot water from half to three-quarters of an hour.

Take fine large apples, core and fill with one-half cupful each of bread crumbs and chopped roast beef, one teaspoonful of onion juice, one-quarter teaspoonful of celery salt, half teaspoonful of salt, one tablespoonful of parsley chopped and a dash of red pepper. Mix well and press into the apples. Bake in a little hot water from half to three-quarters of an hour.

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## KIDDIES SIX

By Will M. Maupin

### BRACE UP

WHEN you're feeling rather blue And the stalling's hard for you; When your schemes go up the spout And you're feeling down and out; When you've shot and scored a miss—

Brace up and remember this: Those who win are those who try. So brace up and don't say die.

Swell your chest and try again; Grit your teeth and smile at pain. Tackle trouble with a laugh And you'll cut the dose in half.

Look the world square in the eye; Buck the line and don't say die. Laying down is all the shame— Sit straight up and play the game.

Don't dodge trouble—if you do It will doubly trouble you. Meet each task with grit and vim, Do the square thing, sink or swim.

If you see hard luck draw high Laugh again and don't say die. Keep your face turned to the light, Do your best and you're all right.

(Copyright.)



### PSYCHOLOGICAL ADVANTAGE

"Are you going to send your boy Josh to college?"

"No," replied Farmer Cornstossel.

"The wisest men have admitted that there are a great many things they don't know. To succeed, a man must have faith in his own ability. Josh has arrived at a point where he thinks he knows everything worth knowing, and I don't want to spoil his self-confidence."

### It's Always a Woman.

"How did the pay-roll bandit happen to be captured?"

"Poor team work."

"Eh?"

"The bandit who was ordered to keep the engine of their motor car running for a quick getaway, while the other two bandits held up the cashier and grabbed the pay-roll, got interested in a passing flapper."

### Not Pushing Himself.

"Did you interview many prominent people while you were in Washington?"

"Why, no," replied the modest citizen. "I remarked to a rather imposing doorkeeper that I thought it was a hot day, to which he agreed, but the only other important person I conversed with during my stay was a hotel clerk."

### The Boomerang.

"Why is it you never get to the office on time in the morning?" demanded the head clerk angrily.

"It's like this," explained the tardy one; "you kept telling me not to watch the clock during office hours, and I have got out of the habit of watching it at home as well."—Sheffield Telegraph.



### A SCIENTIFIC DISCOVERY

Prof. Bug—Ah, this must be the Red Sea!

### Breakers Ahead.

Her every wish is law to me. A lover's obligations. Soon we shall wed, and I foresee The legal complications.

### Received With Cheers.

"Here's a man who says Shakespeare bores him stiff."

"It takes courage to do that."

"Nonsense. Anybody who made a similar statement before a crowd of movie fans would probably be offered a little hospitality."

### Retort Courteous.

Miss Giggie—I will marry none but a brainy man.

Mr. Blunt—Strange how people prefer their exact opposite in marriage.

### Best Man.

He—That lawyer seems to be a very intimate friend of yours.

She—Yes; he was the best man at my divorce proceedings.

### Comfy!

Doctor: I can't make out your wife's case at all, sir. She seems to have lumbago, rheumatic joints and gout, a sprained neck and a curved spine.

Billikens: I know what it is, Doc. She was reading in our cozy corner and fell asleep.—Wayside Tales.

### His Mistake.

The Accused—Judge, it ain't no crime to be poor. Besides, I work mighty hard sometimes findin' jobs for my wife.

The Judge—You're right. It is no crime to be poor, but it is to run an employment agency without a license. Twenty-five cents and costs.

### Strictly Modern.

"Are you going to take any summer boarders this year?"

"I guess so," said Mr. Cobbles, "but if they think I'm going to entertain 'em with rural comedy they're mistaken. I've got two tractors, a high-powered motor car, a truck and a radio outfit. Furthermore, I haven't worn whiskers in twenty years."

### Fried Out.

Quizzer—You trust your office boy with a good many important secrets. Is he reliable?

Whizzer—He caddled for me all last season and no one in the club ever questioned the scores I turned in.

### Man They Avoid.

"I hate these men who come in and start trouble by announcing that they are taxpayers."

"They never bother me," said the county assessor.

## THE CHEERFUL CHERUB

I like to take my pen And sit and dream alone, And grab a little thought From out the Great Unknown

